

# DIABETES

## In Virginia

### DIABETES

631,194 Virginians have diabetes

631,194



That's about 1 out of every 11 people

1 out of 4 do not know they have diabetes



### PREDIABETES

2.1  
MILLION



2.1 million  
Virginian adults  
have  
prediabetes\*



9 out of 10 do not know they have prediabetes



Without weight loss  
and moderate  
physical activity

15-30% of people  
with prediabetes  
will develop type 2  
diabetes within 5  
years



### COST



\$245  
BILLION

Total US medical  
costs and lost  
work and wages  
for people with  
diagnosed  
diabetes

Risk of  
death for  
adults with  
diabetes is

50%  
HIGHER



than for adults  
without diabetes

Medical costs for  
people with  
diabetes are  
twice as high



as for people  
without diabetes



BLINDNESS



KIDNEY  
FAILURE



HEART  
DISEASE



STROKE



LOSS OF  
TOES,  
FEET, OR  
LEGS

## TYPES OF DIABETES

### TYPE 1



**Body does not make enough insulin**

Can develop at any age

No known way to prevent it

**More than 18,000 youth diagnosed each year in 2008 and 2009 in the US**



In adults, type 1 diabetes accounts for

**5%**

**of all diagnosed cases of diabetes**

### TYPE 2



**Body cannot use insulin properly**

Can develop at any age

Most cases can be prevented



**Currently, at least 1 out of 3 people will develop the disease in their lifetime**



**More than 5,000 youth diagnosed each year in 2008 and 2009 in the US**

## RISK FACTORS FOR TYPE 2 DIABETES:

Over  
**50,000**  
adults were  
diagnosed in 2010  
in Virginia



Being  
overweight



Family  
History



Having Diabetes  
While Pregnant  
(Gestational Diabetes)

Take the  
diabetes  
risk test!



**[cdc.gov/diabetes](http://cdc.gov/diabetes)**

## WHAT CAN YOU DO?

You can **prevent or delay** type 2 diabetes



Lose  
weight



Eat  
Healthy



Be  
more  
active

You can **manage** diabetes



work with a  
Health  
Professional



Eat  
Healthy



Stay  
Active

Learn more at **[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)**

Learn more at **[www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)**

**or speak to a health professional!**

### REFERENCES

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This infographic was supported by the 3U58DP004832 grant funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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